



# Foreign Affairs Manual<sup>w</sup>

55A/DDW

VOL. 6 - GENERAL SERVICES

Transmittal Letter: GS-1060  
STATINTL  
Date: December 4, 1970Departmental

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15 Dec 70

## Time Zone Dislocations

Travelers passing through many time zones by high speed planes are subject to physiological and psychological changes that may seriously affect their health or performance of duty. Medical tests conducted by the Federal Aviation Agency and International Civil Aviation Organization have shown that a minimum rest period of 24 hours following rapid time zone change will restore most of this metabolic upset.

A 24-hour rest period is provided for travelers who experience a difference of five or more hours between local times at point where travel commences and point of arrival on direct flights, or four or more hours' difference on the final portion of a flight resumed after an authorized rest stop. See section 1833.3.

Where the purpose of the travel is to engage in international conferences, negotiations, or consultation with foreign nationals, this adjustment period is particularly important. Officials authorizing such travel should make provision for this adjustment period in all cases, unless prevented by emergency conditions.

Where frequent and continuous travel is an integral part of the work assignment, offices preparing travel schedules should take the time zone dislocation factor into consideration when possible.

## Filing Instructions

Remove page 1830 (reverse blank) and insert attached pages 1830 and 1833.3.

By pen-and-ink:

On Contents (p. 9), change title of section 1831 to "General Provisions"; below section 1833.2, add the following entry: "1833.3 Time Zone Dislocations."

\* \* 1833.3 Time Zone Dislocations

Travelers flying without interruption, except for flight connections, on a direct route with a difference of five or more hours between local time at point of departure when travel began and local time when arriving at the temporary or permanent duty point should, whenever possible, arrange departure to allow arrival at destination a full day before commencing duty.

When the flight is of such duration that it includes an authorized rest stop, as provided in section 1833.2, the same consideration should be given at the conclusion of the trip, provided there is a difference of four or more hours between local time at point of departure when travel was resumed and local time at destination point when arriving.

In cases meeting either of these criteria, excused absence without charge to leave may be granted for any part of the 24-hour adjustment period following arrival at the duty point which happens to fall within working hours.

Per diem during the adjustment period is payable to temporary duty travelers. \* \*

1834 American and Foreign Ships

(See 6 FAM 133.)

1835 American and Foreign Airlines

(See 6 FAM 134.)